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January 3, 2006

To: Massachusetts Boards of Health and Massachusetts Health Providers

From: Massachusetts Department of Public Health-Office of Oral Health

Re: CDC's National Guidelines for Fluoride Use: Fluoridation & Systemic Supplementation

Community water fluoridation is the adjustment of the natural fluoride concentration of a fluoride-deficient water supply to the level recommended for optimal oral health; for **Massachusetts communities that level is 1 part per million (ppm)**. Currently, 137 communities are providing fluoridated water to their residents, (see listing of [Massachusetts Communities Receiving Community Water Fluoridation](#)).

For communities that are not fluoridated the U.S. Centers for Disease Control and Prevention (CDC), recommends systemic fluoride supplementation for children ages 6 months to 16 years of age, (see Table I). This dosage for systemic fluoride supplementation is based on the fluoride concentration in a community water supply and has been jointly recommended by the American Dental Association (ADA), the American Academy of Pediatric Dentistry (AAPD), and the American Academy of Pediatrics (AAP).ⁱ Systemic fluoride supplementation can only be obtained by prescription from a licensed health provider.

Systemic fluoride supplementation should only be prescribed for children living in non-fluoridated communities.

TABLE 1. Recommended dietary fluoride supplement* schedule

Age	Fluoride concentration in community drinking water [†]		
	<0.3 ppm	0.3–0.6 ppm	>0.6 ppm
0–6 months	None	None	None
6 months–3 years	0.25 mg/day	None	None
3–6 years	0.50 mg/day	0.25 mg/day	None
6–16 years	1.0 mg/day	0.50 mg/day	None

* Sodium fluoride (2.2 mg sodium fluoride contains 1 mg fluoride ion).

[†] 1.0 parts per million (ppm) = 1 mg/L.

Sources:

Meskin LH, ed. Caries diagnosis and risk assessment: a review of preventive strategies and management. J Am Dent Assoc 1995;126(suppl):1S–24S.

American Academy of Pediatric Dentistry. Special issue: reference manual 1994–95. Pediatr Dent 1995;16(special issue):1–96.

American Academy of Pediatrics Committee on Nutrition. Fluoride supplementation for children: interim policy recommendations. Pediatrics 1995;95:777.

ⁱ Centers for Disease Control and Prevention. (2001). “Recommendations for Using Fluoride to Prevent and Control Dental Caries in the United States”. *Morbidity and Mortality Weekly Report* 50(RR14): 7-8.